



The Four Temperaments

CHOLERIC: FIRE

Physical: Short or average build with tendency to brown or red hair. Walks with a firm, purposeful stride has a strong pulse.

Social: Comfortable with others and enjoys being “center of attention” & leader. Understands what is going on around them. Likes to lead or make the plans.

Food: Do well with foods that are cool and moist to balance their fire. Will not eat large meals unless in social situations. Add fuel with hot drinks and warm food to rebalance. Calm with raw or cool.

Personality: Energetic & makes a good leader. Can be quick tempered, but also quick to forgive and move on. They have a purpose, they like a challenge, have a need to be 'first' Self-confident which could lead to them feeling “above” others if unbalanced. They live in the “now” and need to work on patience. Choleric are full of passion and are extremely innovative. They can't take criticism and won't admit being wrong. Children need a strong role models and heroes. Winnie-the-Pooh Character: Rabbit.

SANGUINE: AIR

Physical: A slim, balanced body type with eyes that shine. Light bouncy walk like air.

Social: Makes friends easily. Is friendly, talkative and very giving. Speak eloquently.

Food: Likes to try new things, avoid sugary snacks.

Personality: Loves to experience many things but can be seen as flighty or shallow. Optimistic. Loves beauty & new fashion. Can leave things undone be unreliable and be impatient. Character: Tigger.

PHLEGMATIC: WATER

Physical: A round body that can be overweight without exercise. Tend to be dark blond or blond. Lumbering walk with sleepy eyes.

Social: prefers to be on the edge of social situations, very loyal and a great friend. May appear shy, but it just within.

Food: They love food! Are motivated by eating and eat well.

Personality: Very thorough; loves to finish what they start. Can be hard to switch gears or get started. Thoughtful, and objective. They think deeply and act slowly. Character: Winnie-the-Pooh.

MELANCHOLIC: EARTH

Physical: Tall, thin with dark brown or black hair. **Social:** Is cautious with making friends and will have 1 to 2 close relationships.

Food: Picky eater with strong preferences, enjoys sweets

Personality: Very detail-oriented, meticulous and loves order and rules. Can be over emotional and serious, but has a sense of humor. Can sympathize with others' troubles. Character: Eeyore.

